

Recommended Resource List: Smoking Cessation

To request a title:

- *State government employees* should follow the call number link to the [KDLA Catalog](#) and click on the "Make a Request" tab on the right. Complete the form with your name, library card number, and delivery choice. Then click on "Submit Form." Requests can also be made by calling the State Library's Circulation Desk at (502) 564-8300, ext. 337 or (800) 928-7000, ext. 337. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included).
- *Public Library staff* should use the OCLC Interlibrary Loan system for audiobook and book requests and the [Public Library Visual Materials/Kit Request](#) form for videos and DVDs.
- *Members of the general public* should contact their local public library for interlibrary loan service.

Audiobooks

Carr, Allen. **The Easy Way to Stop Smoking.** Prince Frederick, MD: Recorded Books, 2005. Call number: [SR CD 616.86506 Carr](#)

Books

Kicking Butts: Quit Smoking and Take Charge of Your Health. Atlanta, GA: American Cancer Society, 2003. Call number: [616.86506 Kick](#)

Peele, Stanton. **7 Tools to Beat Addiction.** New York: Three Rivers Press, 2004. Call number: [616.8606 Peel](#)

Federal Government Documents

Clearing the Air: Quit Smoking Today. Bethesda, MD : U.S. Dept. of Health and Human Services, National Institutes of Health, National Cancer Institute, 2003. Available on the Internet: <http://purl.access.gpo.gov/GPO/LPS40963>

Smoking: It's Never Too Late to Stop. Gaithersburg, MD: National Institute on Aging, U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, 2004. Available on the Internet: <http://purl.access.gpo.gov/GPO/LPS63757>

Videos/DVDs

Kickin' Butts How to Put Out Your Last Cigarette: Drug Wars. 24 min. Crime Prevention Resources, 2000. Video. Call number: [VC 616.86506 Kick](#)

Smoking Cessation (Doctor Is In). 29 min. Films for the Humanities & Sciences, 2002. Video.
Call number: VC 616.86506 Smok

Smoking Cessation: Program 2. 27 min. Grand Kent Consortium on Successful Aging, 2001.
Video. Call number: VC 616.865 Smok

Stop Smoking Now: Reasons Not to Smoke When You're Pregnant. 30 min. Parents' Action for Children, 2005. DVD. Call number: VC DV 614.5992 Stop

Websites

<http://www.anti-smoking.org/quitting.htm>

QUITTING TIPS are offered by The Foundation for a Smoke-free America. Last accessed on August 27, 2008.

<http://www.nlm.nih.gov/medlineplus/smokingcessation.html>

Smoking Cessation from Medline Plus offers an overview, discussion on treatment options, and coping tips. Last accessed on August 28, 2008.